



## Land and Water Drop-In Fitness Classes

Over 30 different types of land and water drop-in fitness classes are offered between the three different facilities: Centennial Pool, the Longmont Recreation Center, and the St Vrain Memorial Building. Unless otherwise noted, drop-in fitness classes are included with general admission.

### No Regular Fitness Classes:

Thursdays Dec 24, Dec 31; Fridays, Dec 25, Jan 1; Sun Mar 27

### Special Fitness Classes:

**ZUMBA**© Jan 1, Fri, 1-2:30pm at Longmont Recreation Center.  
Come JOIN the PARTY!



**Class schedules & descriptions can be found for each of the recreation facilities online at [www.LongmontColorado.gov/rec](http://www.LongmontColorado.gov/rec) then click on Fitness/Wellness Programs link!**

### Quick Fit

\$3 resident/ \$3.50 non-resident Quick Fit Workouts are available at Centennial Pool, exclusively to parents of City of Longmont programs while their children swim, and at the St Vrain Memorial Building, exclusively to parents of tumbling classes while their child is in class.

### Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

### Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

Fees: Private Semi-Private

1 session- \$45/ \$57	1 session- \$55/ \$69
5 sessions- \$200/ \$250	5 sessions- \$250/ \$313
10 sessions- \$350/ \$438	10 sessions- \$450/ \$563

### Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$35 resident/ \$43 non-resident  
Location: Longmont Recreation Center, 310 Quail Rd

### Nia Jam

Our very own Nia instructors will show you a new way to move your Body. You'll find greater Joy in your Body and a unique creative expression through the Dance and Martial Arts of Nia. Done barefoot, shoes are optional. Drop-in admissions at the Longmont Recreation Center, 310 Quail Rd.

16 & up: Feb 20, Mar 12, Apr 9; Sat, 1pm-2:30pm

### Windows to Wellness Fairs

Treat yourself to a morning of self-care! Sign-up for 15 minute hands-on sessions with a wide variety of alternative wellness practitioners for \$5. Visit the Wellness Market before or after for jewelry, locally produced items and many more treats.

Ages 12 & up: Jan 16 & Mar 12; Sat, 9am-1pm  
Location: Longmont Senior Center, 910 Longs Peak Ave

### Weight Room Orientations

Please call the Longmont Recreation Center at 303-774-4800, Centennial Pool at 303-651-8406 or the St Vrain Memorial Building at 303-651-8404 for orientation class dates and times. 14 years and older.

### Nutrition Services

Nutrition programming that begins with an in depth discussion of your daily eating habits in which you will learn how to improve your health and wellness goals. Programs are specific for your needs including education for chronic diseases, weight loss, grocery store walk-throughs, and nutrition for endurance sports. Teri Froelich, RD, is instructing. Call the Longmont Recreation Center at 303-774-4752 to set up an appointment today!

Fee: 1 session- \$50 resident/ \$63 non-resident  
Follow Up session- \$45 resident/ \$57 non-resident  
3 sessions- \$140 resident / \$175 non-resident

### Body Composition

Just want to know your girth measurements and body fat percentage? Then this is the right package for you! Call the Fitness Coordinator at 303-774-4752 for more information and to set up your appointment at the recreation facility of your choice.

Fee: \$12 resident / \$15 non-resident

### Jazzercise

Aerobic dance, Yoga, Pilates and Kickboxing movements set into a fun routine. Please check in with Jazzercise-separate table will be set up for them. For info call 720-494-0312. Drop-in \$8/class; passes available. MWF 9:15-10:15am @ Longmont Recreation Center

**jazzercise**

## Yoga

**Yoga students:** Please bring your own yoga mat, and a thick blanket if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.

Drop-in fee: 1.25 hour classes: \$10 resident/ \$12.50 non-resident  
1.5 hour classes: \$12 resident/ \$15 non-resident;  
2 hour classes: \$15 resident/ \$18.75 non-resident



### Alignment Based Yoga – Mon 4pm

This class focuses on safety in classical yoga poses to improve strength, flexibility, and self-awareness. Thoughtful sequencing prepares your body for the poses; accurate alignment protects the spine and joints; and a slow focused style releases physical and mental tension leaving you lighter in mind, body, and spirit. 1.25 hour class. Heidi Nordlund teaching in December.

### Wellness Yoga – Mon 5:30pm, Thurs 5pm

Enjoy Yoga in a safe, relaxing and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour class.

### Slow-Mo Yoga Flow – Tues 9:15am

Slow-Mo Yoga Flow introduces vinyasa flow in ways that students of all levels can do. Movements center on sun and moon salutations, sequences of classical yoga postures taught in every class. Your body and mind will be energized, and your nervous system will be calm and relaxed. 1.5 hour class.

### Gentle Yoga – Mon, Wed 10:30am

This class is for anyone who would like to relieve stress, increase strength and flexibility, improve balance and overall well-being. Practice gentle yoga poses using chairs, yoga props, and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. 1.25 hour class.

### Therapeutic Structural Yoga – Wed 5:30pm

This classical yoga practice will restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour class.

### Prenatal Yoga – Wed 5:30pm

For pregnant women at any stage, strengthen your body and the bonding process with baby. Practice yoga postures, attention to breathing and build confidence in your body's natural ability to give birth. Great for both first-time yoga students and those with a developed practice. 1.25 hour class.

### Women's Hatha Yoga – Thurs 9am

This class is for beginning and continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. 2 hour class.

### Beginner Friendly Yoga – Friday 9:15am

Whether you're a new or continuing yoga student, bring your beginner's mind to this class where the fundamentals of yoga are emphasized. The postures will stretch and enliven you. Instruction includes guided breathing and introductory meditation techniques. 1.25 hour class.

### Sunday Morning Yoga – 9am

New or returning to yoga? Feel at ease through an alignment based, foundational / flow practice designed for every body. Honing awareness, cultivate breath, balance, strength, flexibility, and deep rest, coming to a greater understanding of your own well-being. 1.25 hour class.

### Yoga Locations:

Creation Station - 519 4th Ave  
Izaak Walton- 18 S Sunset St  
St Vrain Memorial Building-  
700 Longs Peak Ave



Day	Time	Class	Code	Location	Instructor
Mon	10:30-11:45am	Gentle Yoga	143113	Mem Bldg	Ursula Bunting
Mon	4-5:15pm	Alignment Based Yoga	143117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	143118	Izaak	Heidi Nordlund
Tues	9:15-10:45am	Slow-Mo Yoga Flow	143122	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	143133	Mem Bldg	Ursula Bunting
Wed	5:30-6:45pm	Prenatal Yoga	143135	Creation Station	Cassia Baranello of the Family Garden
Wed	5:30-7:30pm	Therapeutic Structural Yoga	143138	Izaak	Shar Lee
Thurs	9-11am	Women's Hatha Yoga	143142	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	143119	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	143152	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	143171	Izaak	Katharine Kaufman

\*Winter (Jan & Feb) codes begin with "1"; Spring (Mar, Apr, May) codes begin with "2."



**New! Gentle Restorative Yoga**

Unwind, de-stress, refresh and allow your body and mind to heal and restore. Using various props to support the body, get into poses that activate the parasympathetic nervous system, stretch tight places and release tension in a cozy atmosphere. Stay after class to enjoy tea and healthy treats!

15 & up:	Jan 8, Fri, 6-8pm	143155.01
	Feb 5, Fri, 6-8pm	143155.02
	Mar 4, Fri, 6-8pm	243155.03
	Apr 1, Fri, 6-8pm	243155.04
	May 6, Fri, 6-8pm	243155.05

Instructor: Urszula Bunting

Location: Izaak Walton Clubhouse, 18 S Sunset

Fee: \$15 resident/\$18.75 non-resident

**Practicing Yoga at Home**

In most yoga classes, you stay in the moment. This can make it difficult to remember the movements that felt so great in class. This workshop offers you an array of postures designed to bring more balance, clarity and flexibility into your life, in as little as ten minutes a day.

18 & up:	Feb 13, Sat, 10am-12pm	143194.02
Instructor:	Diana Shellenberger	
Location:	Izaak Walton Clubhouse, 18 S Sunset	
Fee:	\$20 resident/\$25 non-resident	

**SilverSneakers® Fitness Program**

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. SilverSneakers® group classes offer the best opportunity to stay on track toward your health and fitness goals. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, the Senior Center and St. Vrain Memorial Building. To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center and get signed up!

*Note: SilverSneakers® membership is NOT required to attend SilverSneakers® fitness classes. SilverSneakers® members are welcome to explore regular fitness classes as part of their membership. Non-SilverSneakers® members pay regular admission fees.*

**SilverSneakers® Orientations**

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times:	Jan 7, Feb 4, Mar 3, & Apr 7; Thurs, 9am Jan 21, Feb 18, Mar 17, & Apr 21; Thurs, 2pm
Location:	Longmont Recreation Center, 310 Quail Road
Fee:	FREE, however pre-registration is required

**SilverSneakers® Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

**SilverSneakers® Yoga**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSneakers® Circuit**

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

**SilverSneakers® Cardio**

Get Up & Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**SilverSneakers® Splash**

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

**55+, see the GO for additional wellness activities at**  
[www.longmontcolorado.gov/senior-services](http://www.longmontcolorado.gov/senior-services)

Monday	Tuesday	Wednesday	Thursday	Friday
8-8:45am <b>Classic -SC</b>	8:45-9:30am <b>Classic-LRC</b>	8-8:45am <b>Circuit-SC</b>	8-8:45am <b>Yoga-SC</b>	8-8:45am <b>Classic-SC</b>
9:15-10am <b>Yoga-LRC</b>	9:35-10:20am <b>Circuit-LRC</b>	9:15-10am <b>Yoga-LRC</b>	8:45-9:30am <b>Classic-LRC</b>	
10:15-11am <b>Splash-LRC</b>	11-11:45am <b>Yoga-SC</b>	10:15-11am <b>Yoga-LRC</b>	9:35-10:20am <b>Circuit-LRC</b>	10:15-11am <b>Yoga-LRC</b>
LRC = Longmont Recreation Center, 310 Quail Rd SC=Senior Center, 910 Longs Peak Ave		1:30-2:15pm <b>Cardio-LRC</b>	10:15-11am <b>Splash-LRC</b>	11:15am-12pm <b>Yoga-LRC</b>

**SilverSneakers® Wellness Presentations**

Fee: FREE and exclusively for SilverSneakers® Members

**Follow your Gut to Health**

Jan 15, Fri, 11am-12pm. Instructor: Trish  
Location: Longmont Senior Center, 910 Longs Peak Ave

**Getting off the Blood Sugar Rollercoaster**

Mar 18, Fri, 11am - 12pm Instructor: Trish  
Location: Longmont Senior Center, 910 Longs Peak Ave



## TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program. Newcomers please come 5 min. before class to familiarize yourself with straps, positions, and getting in/out of straps!

Location: Centennial Pool, 1201 Alpine St

Monday & Wednesday				
	1/4-1/27	2/1-2/24	3/7-3/30	4/11-4/27
<b>8:15-9:15am</b>	123512.1A	123512.2A	223512.3A	223512.4A
<b>5:45-6:45pm</b>	123512.1B	123512.2B	223512.3B	223512.4B
Rec Pass Holder	\$35	\$35	\$35	\$25
Non-Pass Holder	\$44	\$44	\$44	\$31

  

Tuesday & Thursday				
	1/5-1/28	2/2-2/25	3/8-3/31	4/12-4/28
<b>5:45-6:45am</b>	123522.1A	123522.2A	223522.3A	223522.4A
<b>5:45-6:45pm</b>	123512.1D	123512.2D	223512.3D	223512.4D
Rec Pass Holder	\$35	\$35	\$35	\$25
Non-Pass Holder	\$44	\$44	\$44	\$31

## Hydr02ga

A meditative, no-impact, high resistance, deep water exercise program that does not use floatation devices.

18 & up: Sundays, 10-11am  
 Dates: Jan 10, 17, 31; Feb 7, 14, 21 121600  
 Mar 13, 20; Apr 3, 10, 17; May 1, 8 221600  
 Location: Centennial Pool, 1201 Alpine St  
 Instructor: Phyllis Tucker  
 Daily Fee: \$10 resident/ \$12.50 non-resident

## Fluid Running

Fluid running is a deep water running technique that the Australians & Canadians have been using to supplement their land running, rehab injuries or use as a cardio workout. You will burn up to 40% more calories and build muscular strength & endurance! Aqua-jogging belts are provided.

18 & up: Tue & Thurs, 7-8am  
 Jan 12-28 \$48 res/\$60 non-res 123600.1  
 Feb 2-25 \$64 res/\$80 non-res 123600.2  
 Mar 1-17 \$48 res/\$60 non-res 223600.3  
 Apr 12-28 \$48 res/\$60 non-res 223600.4  
 Drop in Fee: \$12 resident/\$15 non-resident  
 Instructor: Mary Ritter, Personal Trainer,  
 USAT Coach and SSI Level III Swim Instructor  
 Location: Centennial Pool, 1201 Alpine St

## Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: Feb 27, Sat, 3-5pm 113902.1A  
 Fee: \$10 resident/\$12.50 non-resident  
 Location: Longmont Recreation Center, 310 Quail Rd  
 Instructor: Marcia Babcock, PhD, CPT,  
 Nia Black Belt Instructor

## TRX Force

This progressive Tactical Conditioning Program helps people of all fitness levels safely develop the strength, power and core stability needed to do their jobs.

18 & up: Jan 5-28, Tue&Thurs, 8-9am 123552.1A  
 Feb 2-25, Tue&Thurs, 8-9am 123552.2A  
 Mar 8-31, Tue&Thurs, 8-9am 223552.3A  
 Fee: \$40 rec pass holder / \$50 non pass holder  
 18 & up: Apr 12-28, Tue&Thurs, 8-9am 223552.4A  
 Fee: \$30 rec pass holder / \$38 non pass holder  
 Instructor: Courtenay  
 Location: Centennial Pool, 1201 Alpine St

## TRX for Teens

Build strength and develop good core to help you improve in a sport or just everyday activities. By utilizing your own body weight, the TRX Suspension Trainer is accessible for all fitness levels.

11 to 17 yrs: Tues & Thurs, 4:30-5:15pm  
 Jan 5-28 123531.1  
 Feb 2-25 123531.2  
 March 1-24 223531.3  
 Fee: \$30 resident / \$38 non-resident  
 11 to 17 yrs: April 12-28 223531.4  
 Fee: \$20 resident / \$25 non-resident  
 Instructor: Kelly  
 Location: Centennial Pool, 1201 Alpine St



## Paddleboard Yoga

Fusing stand-up paddleboarding with Yoga. Popular at Union Reservoir and now indoors for the winter!

15 & up: Thursday, 8:30pm-10pm  
 Jan 14 & 28; Feb 11 & 25 123955  
 Mar 10 & 24; Apr 14 & 28 223955  
 15 & up: Sunday, 8:30am-10am  
 Dec 6 & 20 423956  
 Jan 10 & 31; Feb 7 & 21 123956  
 Mar 6 & 20; Apr 10 & 24 223956

Location: Centennial Pool, 1201 Alpine Street  
 Fee -Board provided: \$30 resident/ \$37.50 non-resident  
 Fee -Bring own board: \$25 resident/\$31.25 non-resident

## New! Tai Chi: Moving for Better Balance

Evidence-based fall prevention program that uses eight forms derived from the traditional 24-form Yang style of Tai Chi. A major study conducted by the State in Colorado revealed great benefits including improved balance, gait, strength, posture, and reduced fear of falling. \*No class Apr 5 & 8.

18 & up: Mar 1-May 26, Tues & Thurs, 1:15-2:15pm  
 Instructor: Urszula Bunting, Certified Holistic Health Coach & Yoga Instructor 243250.A  
 Location: St Vrain Memorial Building, 700 Longs Peak Ave  
 Fee: \$120 resident/\$150 non-resident